NEW

### Wellesley Recreation

### **Stress Busters**

(Grade 5)

**Instructor: Christine Duvivier** 

Keep the fun in your life! Would you like to negotiate better with parents, teachers and friends? Learn ways to deal with tough situations before you get to middle school? This program will give you techniques for being assertive, making decisions, and relaxing. We'll play games, watch videos, talk and laugh—and you only do the activities you want to do.

Have you noticed that as you move up in school, there's less time for fun and life gets harder? It happens to every kid, but 5th to 8th graders who went through this program were happier and had more optimism two years later than kids who didn't.

Parents: This is the first time the program has been offered in the Boston area. It is based on the Penn Resiliency Program developed and tested for 12 years at University of Pennsylvania. For more information, email info@positiveleaders.org

10 weeks			IVIIN: 4/IVIAX: 12		
	Grade	Day	Time	Dates	Price
	5	Mon	4-5:30 pm	Sept 24 - Dec 17	\$35
				(No class 10/8 11/12	11/26)

# Adult and Pediatric Heartsaver CPR

(Age 16 plus )

Instructor: Juanita Allen

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The Heartsaver CPR Course teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. This course is intended for all lay rescuers, such as employees in the workplace, day care employees, baby-sitters, firefighters, police, airline personnel, security guards, family members of patients at high risk for sudden cardiac death, other lay rescuers, and those who may have a need to respond to an emergency. Upon completion, participants will receive a 2 year certification in Adult & Pediatric CPR.

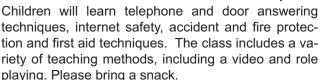
Location	on: Warren Build	Min: 4/Max: 12		
1 class				
Day	Time	Dates		Price
Tue	6 - 9 pm	Oct 2		\$60

### **Home Alone Safety**

(Age 8-11)

NEW

Instructor: Juanita Allen



Location: Warren Building Min: 4/Max: 12

1 class

Day	Time	Dates	Price
Tue	4 - 6 pm	Oct 2	\$45

# Baby-sitter's Training with Infant & Child CPR and First Aid

(Age 11 - 15)

Instructor: Alice Wadley

The purpose of this course is to train individuals in baby-sitting responsibilities; characteristics of children; supervising and playing with children; basic care such as feeding and changing; emergency response; and first aid care for injuries and sudden illnesses. Participants also learn to recognize and provide basic care for cardiac emergencies in children and infants until advanced medical personnel arrive and take over. Upon successful completion of this course, students will receive a Baby-sitter's Course completion certificate, an Infant and Child CPR certificate valid for one (1) year and a First Aid certificate valid for three (3) years.

Location: Warren Building Min: 8/Max: 12

3 classes

Day	Time	Dates	Price
Tue	3:30 - 7:30 pm	Oct 2, 9, 16	\$140

### **Heart Saver First Aid & CPR**

(Age 16 plus )

Instructor: Juanita Allen

This course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical service personnel arrive. The course also provides training in First Aid and in CPR. Upon completion you will receive certification in both First Aid and CPR. Taught under the guidelines of the American Heart Association.

Location: Warren Building Min: 4/Max: 12

1 class

Day	Time	Dates	Price
Mon	6 - 10 pm	Sept 24	\$84



## WELLESLEY RECREATION HOSTS KAPLAN'S NEW SAT CLASSROOM COURSE

Next round of classes begin in January 2008. Call now to register.

With more than 65 years of experience, only Kaplan offers complete preparation for the SAT and the PSAT.

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- · 12 total class sessions, including 4 full-length simulated practice tests.
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- · Kaplan's online SAT QuizBank containing over 1,000 practice questions.
- · Expert and enthusiastic instruction from a Kaplan teacher in small, focused classes.
- · Kaplan's proven strategies for success including SmartPoints and Secrets of the SAT.
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- · Parent email communication

Kaplan stands behind their program and students' results with the Kaplan Higher Score Guarantee\*.

Wellesley SAT Preparation for the March or May exams:

SABS8240: Classes begin on 1/12 and meet on Saturdays at 9:00am and Tuesdays at 6pm. Class is for the March exam.

For more information on classes or Kaplan Premier private tutoring or to enroll, visit www.kaptest.com or call 1-800-KAP-TEST today!

\*Conditions and restrictions apply. For more information please visit: www.kaptest.com/hsg.



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